



Three Sisters Salad

Servings 4 | Prep time 10 mins. | Total time 10 mins.

Equipment:

Cutting board

Medium bowl

Utensils:

Knife

Measuring spoons and cups

Can opener

Ingredients

1 15 ounce can no salt added beans (black, kidney, or garbanzo)

1 15 ounce can no salt added corn with red and green peppers, drained

OR 1 cup fresh or frozen corn, thawed

1 small zucchini, chopped OR 1 cup cooked squash, chopped OR 1, 15

ounce can zucchini OR 1 cup defrosted, frozen squash

1 tablespoon chopped cilantro

2 tablespoons lime juice (about 1 lime)

1 jalapeño, seeds removed and finely chopped (optional)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, fruit and vegetables.

2. Drain beans and pour into a medium bowl.
3. Add corn, zucchini (or peas or squash), cilantro, lime juice, and jalapeño (if using). Stir to combine.

Nutritional Information:

Calories 180 Total Fat 2g Sodium 5mg Total Carbs 36g Protein 9g